



Essential Wellness Center

1209 South Independence Blvd.
Virginia Beach

"We are a full service comprehensive wellness center that offers over 25 wellness center services under one roof, where the skills of multiple disciplinary complimentary healthcare professions work together to promote healing."

Green Statement: "We would like to educate the public on Green alternative living, keep them healthy and informed, as well as host eco-seminars on composting, green gardening, raw foods, and more!!"

CORE ACTIVITIES for Green Attractions

☒ **Recycling.** Virginia Green facilities must have highly-visible locations/containers that provide the opportunity for guests to recycle aluminum cans, plastic and glass bottles, or other disposable products purchased at the facility. Recycling of cardboard, plastic, paper, and composting of waste foods is highly encouraged as well. This facility pledges that they:

- Offer the opportunity for guests to recycle: glass bottles and plastic bottles
- We use reusable washable cups in our center
- Also recycle: newspaper, office paper, and toner cartridges

☒ **Minimize the use of disposable food service products.** The facility is required to minimize the use of disposable food service products and maximize the use of food service products that are recyclable or compostable in the food service area. When disposable food service items are used, the facility is encouraged to use products that are made from bio-based or renewable resources, and to provide for the collection / recycling/ composting of food service items disposed of on the premises. This facility pledges that they:

- Use disposable foodservice items that are recyclable (in your area!)

☒ **Reduce solid waste.** The facility must be actively working to reduce its solid waste generation. This facility pledges that they:

- Have a numeric goal to reduce overall materials that go to the landfill

Kitchen (or during meetings/events)

- Donate excess food from events
- Compost food waste and other compostables

Dining room (or during meetings/events)

- Use water pitchers to minimize the use of single-use bottles

Restrooms

- Use bulk soap dispensers in public restrooms
- Purchase recycled-content paper-towels and toilet paper



Office

- Remove facility and staff names from junk mail lists when possible
- Reuse scrap paper for notes
- Reuse or donate shipping and packing supplies (peanuts, bubble wrap, etc.)
- Use refillable pens and toner cartridges
- Purchase recycled paper with a high-percentage recycled content
- Make double-sided photocopies and avoid making extra photocopies
- Use electronic correspondence and forms when possible

Buildings and grounds

- Use green cleaning products that are dispensed in bulk
- Use reused building materials or those from sustainable sources
- Use latex low or no-VOC paints
- Properly recycle and/or dispose of thinners and solvents (required by law)
- Perform preventative maintenance on all appliances, HVAC systems, plumbing, and vehicles
- Use integrated pest management (IPM)
- Minimize use of pesticides and herbicides in landscaping

☒ **Use water efficiently.** The facility must have a plan in place and have taken steps toward reducing its water use. This facility pledges that they:

- Track overall water usage and wastewater costs
- Have established a numeric goal to reduce water consumption over time

Activities indoors

- Perform preventative maintenance to stop drips and leaks
- Use water-flow metering to discover leaks and areas of high use

Activities outdoors

- Have minimized our lawn area
- Have installed rain gardens to manage storm water



☒ **Conserve energy.** The facility must have a plan in place and have taken steps toward reducing its energy use. This facility pledges that they:

- Track overall energy bills
- Have had an energy audit to identify efficiency opportunities within the past 12 months
- Have established a numeric goal to reduce energy usage over time
- Calculate the environmental impacts of the facility's energy usage by using a pollution calculator

Heating and cooling

- Regularly perform preventative maintenance on HVAC system
- Have installed a high efficiency HVAC system
- Keep office doors and windows closed if HVAC system is on

Lighting

- Use natural lighting
- Have installed high efficiency fluorescent ballasts and lamps (T-5 and T-8)
- Have installed compact fluorescent light bulbs in all rooms and canned lighting
- Have installed LED Exit Signs

Appliances and electronic devices

- Use ENERGY STAR qualified appliances (commercial kitchens, heating and cooling, consumer electronics)

- Use ENERGY STAR qualified office equipment (computers, monitors, copiers, printers, etc.)

- ☒ **Green Events Package.** The facility must offer a "green" or "environmentally-friendly" package for conferences, meetings and other events. Even if the facility only offers occasional, small events, at least recycling will be provided. This facility pledges that they:
 - Promote the availability of "green meetings/conferences" in marketing packages
 - Host our own courses on composting, raw food preparation, maintaining an eco friendly home, and other educational events that raises the consciousness of the area.
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For more information on Attraction, see Website or contact Name at email or phone.

Virginia Green is the Commonwealth of Virginia's campaign to promote environmentally-friendly practices in all aspects of Virginia's tourism industry. **Virginia Green Attractions** have been thoughtfully planned and designed to minimize their impacts on the environment. This attraction has met the established "core activities" for **Green Attractions** and has committed to communicate its activities to its guests.

For more information on **Virginia Green** program, see www.deq.virginia.gov/p2/viriniagreen or www.viriniagreentravel.org.



Virginia Green is supported through a partnership between the Virginia Department of Environmental Quality, the Virginia Hospitality & Travel Association, and the Virginia Tourism Corporation.

